

Remember:

- Take your yellow ID card and folder, the WIC food list and checks to any WIC-approved store in North Dakota. Ask your WIC office for a list of stores in your area.
- The WIC food list and this brochure have all the information you will need to cash your WIC checks.
- You don't need to buy everything on your check if you won't use all the foods. Let the WIC staff know if you want any changes at your next visit.
- You may use coupons with your WIC checks.
- Your fruit and vegetable check (cash value voucher) is for \$9 or \$11. If your purchase is more than the check amount, you may pay the difference with cash, SNAP (Food Stamps) or debit/credit card.
- Do not write on or change your WIC checks.
- Call your WIC office immediately if a check is lost, damaged or stolen.
- Return unused checks to the WIC office.
- Do not exchange WIC food or formula for cash or credit at the store. Formula exchanges are done at the WIC office.
- **You can be removed from the program if you give away or sell your WIC foods or formula (including online).** Return any unused formula and baby food to your WIC office.
- WIC food is intended for you and/or your child and should not be used to feed other family members, friends or neighbors.

This institution is an equal opportunity provider.

How to Use Your WIC Checks



March 2019

When cashing your check:

- You must have your WIC ID card at the store. The store will not cash your WIC check without it.
- Look at the First Date to Use/ Last Date to Use on the checks to be sure you are cashing the right checks for this month. Put aside any checks you have been given for the next month.
- Separate WIC foods from other food items. Put them in the order they are on the check.
- Sign the check after the cashier has entered the amount. Do not sign the check before you go to the store or before it is filled in by the cashier. The cashier will keep the receipt.
- Cash each WIC check separately.

Buy only the type and amount of food listed.

Cash your check during this month.

51091351
First Date to Use: 1/1/2018
Last Date to Use: 1/31/2018

77-28
913

Acct #: 05-21-164

NORTH DAKOTA WIC PROGRAM
NORTH DAKOTA DEPARTMENT OF HEALTH
600 EAST BOULEVARD AVENUE - BISMARCK, ND 58505-0200
PHONE: 1-800-472-2286

VOID IF VENDOR DOES NOT HAVE A VALID NORTH DAKOTA WIC CONTRACT
MUST BE DEPOSITED WITHIN 60 DAYS OF THE FIRST DATE TO USE • NO SUBSTITUTIONS ALLOWED

Clinic ID: 1-1 **Name: WIC Participant** **FID: 7014676**

1 - Pound(s) of cheese
1 - Dozen eggs
1 - 36 oz. or less WIC Approved cereal
1 - 16-18 oz. jar(s) of peanut butter - store brand only
4 - can(s) of 15-16 oz. beans
1 - 16 oz. whole wheat bread
1 - 32 oz. container of lowfat/nonfat/fat free yogurt
2 - Gallon(s) of 1% or fat free skim milk
1 - can(s) of 12 oz. Frozen juice

PAY EXACTLY
\$

PURCHASE DATE

VENDOR ID NUMBER

AUTHORIZED SIGNATURE: PARENT/GUARDIAN/PARTICIPANT

PAYABLE THROUGH END BANK OF NORTH DAKOTA - BISMARCK, ND 58502-5509

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Make sure the amount is correct before you sign.

Sign the check exactly as you did on the yellow WIC ID card.

Please handle your checks carefully. Let the WIC office know if your checks have been lost, damaged or stolen.